

Supporting our
Wharekauri whānau

Home Care Pack

NGĀTI MUTUNGA
O WHAREKAURI
IWI TRUST



Unite
against
COVID-19

KARAKIA

Ka fiu te toroa a uta, ka hoka te toroa a tai
Te rangi pū nunui, te rangi pū roroa
Papaki kau ana ngā ngaru tuatea ki Waitangi
Horahia atu te takapou ki Pā Tangaroa
Tērā te motu kohu ko Wharekauri e takoto ake nei e Hai!

Zoe Cameron
and Popcorn

NGĀTI MUTUNGA
O WHAREKAURI
IWI TRUST

Ngāti Mutunga o Wharekauri Iwi Trust

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Ngāti Mutunga o Wharekauri Iwi Trust

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Tēnā koutou e te whānau

THIS GUIDE contains lots of important information to help you and your whānau look after each other if you get COVID-19 and have to isolate in your whare.

With so many cases on the mainland, it's likely that this virus will come to Wharekauri and we will need to work together to get through this. Many of us are already aware that our Health Centre has had to make changes to keep the staff there protected from infection.

THE INFORMATION in this guide will tautoko you to feel confident that you can cope with mild symptoms in your own whare, so that our Health Centre is free to look after whānau who become very māuiui.

WHEN YOU TEST POSITIVE for COVID-19 you will receive a Home Care Kit with the tools you will need to look after anyone living in your whare who tests positive for COVID-19. Please take the time to read through this guide so you understand how the tools work and how you will be looked after.

While we're used to looking after ourselves on Wharekauri and facing tough challenges, COVID-19 is something new for us all to figure out. Most whānau will be able to cope at home with COVID-19, but if you have any worries, pātai or if your symptoms are getting worse – please pick up the phone and call 111 if its an emergency, or the Ngāti Mutunga o Wharekauri Iwi Trust Whanau Ora Navigator, Hone Tibble, who is always here to kōrero.

IN AN EMERGENCY CALL 111

If you or a whānau member becomes very unwell or has difficulty breathing, immediately call an ambulance on **111**. There is no cost to call an ambulance.

IF YOU START TO FEEL WORSE

Call the health team at the Chatham Islands Health Centre straight away by calling **3050 035** (free to call, 24 hours a day).

FOR WELLBEING SUPPORT CONTACT

Hā o te Ora - kaimanaaki

3050 211

Heartlands

3050 146

Ngāti Mutunga o Wharekauri Iwi Trust

3050 500

Whānau Ora Navigator **Hone Tibble**

Kano ārai mate

VACCINATION

NOW IS THE TIME TO GET VACCINATED.

The COVID-19 vaccines work by teaching your body how to fight the virus.

Vaccines are our best defence against our whānau getting seriously māuiui from COVID-19. Many of our whānau are vulnerable to COVID-19.



Sally Lanauze and Robyn Preece outside the medical centre.

ARE THERE SIDE EFFECTS?

Like all medicines, the vaccine may cause some side effects in some people. These side effects are extremely rare, usually mild, and are a good sign that your immune system is learning to fight the virus.

SOME COMMON SIDE EFFECTS ARE:

- Sore arm
- Feeling tired
- Headache
- Feeling feverish or sweaty

VACCINATION PROCESS



A healthcare worker will do a health check, answer any pātai, and get your consent to vaccinate

The vaccine will be injected into your upper arm

Wait 15 minutes. Then you can carry on with your day

At least 21 days later, get your second dose. Download your My Vaccine Pass

At least 3 months later, get your booster dose

Remember to drink plenty of water and be kind to your body.

If you are worried about how you feel after receiving your vaccine, speak to the team at the Health Centre.

Mahere whakaritea

GET READY CHECK-LIST

Taking some small steps now can make a big difference if someone in your whare tests positive for COVID-19.



KÖRERO - TALK

- About COVID and what it means if someone in your whare tests positive
- Explain the importance of keeping a safe distance if this happens
- Delegate a whānau member in your whare to act as the first point of contact for awhi and support services. This will help to avoid confusion and any unnecessary duplication



TUHINGA - WRITE

- The names and contact numbers of your whānau who are older or have other medical conditions or are particularly at risk
- Note who in your whānau will regularly check up on your vulnerable whānau members
- How you will notify whānau and friends if someone gets COVID-19
- Essential household tasks and details so anyone can do them
- Things like which bills to pay and when, who will do the shopping, and who will care for tamariki or take care of the animals.



MAHIA - DO

- Prepare an isolation space in your whare. This means a separate bedroom and bathroom if possible
- If this isn't possible and someone tests positive, let the medical team know so they can support you
- Shop for kai and hygiene products
- Other than kai and wai, ensure animal feed is available and that other household essentials are provided for
- Restock your prescription medicines ahead of time!
- Get vaccinated

What's isolation?

IF YOU TEST POSITIVE for COVID-19 or if you have been living or staying for a night in the same whare as someone who has tested positive, it is important that you isolate for the health and safety of your whānau and friends.

THIS MEANS YOU NEED to stay in your whare for at least **10** days and not allow any manuhiri (visitors) in. You can't go to the shops, mahi or kura.

If you live or stay in the same whare as the person who has tested positive you need to get a test on day **3** and day **8** of your **10**-day self-isolation time, or sooner if you start to feel unwell. Try to avoid contact with the infected whānau member if you can.

YOU CAN END your self-isolation on the same day as the first person who got COVID-19 in the whare, as long as you have no new or worsening symptoms, and your tests are negative.

IF SOMEONE ELSE in your whare tests positive, you do not need to restart your isolation period. You can complete your isolation at the same time as the first person in your household who had COVID-19 if your Day **10** test was negative and you have no new or worsening symptoms.



Trustee Tessa Horler
with negative RAT test

Cameron
Whānau



Managing your symptoms

SYMPTOMS / DAYS 1–3

SYMPTOMS IN THE FIRST THREE DAYS can be different for everyone. There's a Health Diary at the end of this guide for you to record your symptoms.

You may experience a mamee throat, a cough, fever or headache. You may also feel short of breath or a little pressure in your chest. Sometimes symptoms begin with diarrhoea. You may feel tired and/or you may lose your sense of taste and smell.

YOU MAY EXPERIENCE SOME OR NONE OF THESE SYMPTOMS.

Even if you have a mild COVID-19 infection, avoid mahi hākinakina i.e. running, workouts, weights and high impact activities until you've been cleared by the Health Centre.

SYMPTOMS / DAYS 4–6

THESE ARE IMPORTANT DAYS to be more aware of your symptoms and make sure you record them in your Health Diary. This is when lung (respiratory/breathing) symptoms may start to get worse, especially if you have other conditions like high blood pressure, obesity or diabetes.

You may start to feel worse and may have aches, chills, a cough and find it hard to get comfortable.

Some younger people may develop rashes, including itchy red patches, swelling or blistering on their toes or fingers.



Four generations of the
Tuuta Whānau

SYMPTOMS / DAYS 7–8

FOR PEOPLE WITH MILD ILLNESS, THE WORST IS GENERALLY OVER AFTER A WEEK.

Some people may get worse at this point or start to feel better briefly then feel worse again.

SYMPTOMS / DAYS 8–12

CONTINUE TO MONITOR YOUR SYMPTOMS AND RECORD THEM IN YOUR HEALTH DIARY.

You may be able to breathe easier and feel better if you moe on your front/puku or side. There are some suggestions for how to change positions to make breathing easier on page 10.

SYMPTOMS / DAYS 13–14

Most people will feel better by now. Some people may still feel more tired than usual.

TAKE IT EASY AS YOU RETURN TO MAHI.

If you have ongoing severe symptoms, the team at the Health Centre will advise you what to do. This is why recording your symptoms in your Health Diary is so important.



Day
Whānau

Getting comfortable

COVID-19 can often cause trouble with breathing. You might feel breathless or you might not even be aware of this. Lying on your back can make it harder to breathe. Changing your position regularly (every 30 minutes to 2 hours) helps to move the air through your lungs. Try lying on your tummy, both sides, and sitting upright.

CHANGE POSITION EVERY 30 MINUTES TO 2 HOURS, ROTATING AS BELOW.

1. 30 minutes – 2 hours: laying on your puku
2. 30 minutes – 2 hours: laying on your right side
3. 30 minutes – 2 hours: sitting up
4. 30 minutes – 2 hours: laying on your left side

Then back to **POSITION 1**: laying on your puku

2022 Bootcamp participants sponsored by Ngāfi Mutunga o Wharekauri Iwi Trust



Using your Pulse Oximeter (if required)

If you test positive for COVID-19 a Home Care pack will be delivered to your whare. Some people, that require it, will be provided with a pulse oximeter. This measures your oxygen levels and resting heart rate. Use the pulse oximeter three times a day to help check how you're doing while you're recovering from COVID-19. This provides important information for the team at the Health Centre.

PLEASE FOLLOW the instructions and record the numbers in your Health Diary at the back of this guide.

Use the pulse oximeter to take your oxygen level and resting heart rate reading three times a day – morning, midday and evening.

It is important to sit down and be still for around five minutes before you take the reading.



Pita Thomas with Pulse Oximeter

CHECK YOUR RESULTS AGAINST THE TABLE BELOW

Oxygen saturation (SpO2%)	Heart rate (bpm or PRbpm)	Action
95-100	50-99	OK, you're doing fine
92-94	100-119	Call the Chatham Islands Health Centre for advice 3050 035
Below 92	120 or more	Call 111 for urgent medical care

Remember to drink plenty of water and be kind to your body.

If you are worried about how you feel, speak to the team at the Health Centre.

How to use your pulse oximeter

STEP 1 / GET READY

Make sure your hands are clean, free from nail polish and warm before you start.

E NOHO SOMEWHERE COMFORTABLE AND RELAX FOR FIVE MINUTES.

STEP 2 / PUT THE PULSE OXIMETER ON YOUR FINGER

Squeeze the bottom of the pulse oximeter like a peg so the top opens enough to allow your finger to fit inside. Put your index or middle finger into the pulse oximeter as far as it will go. The pulse oximeter will turn on when your finger is inside.

STEP 3 / KEEP STILL FOR 1 MINUTE

Lay your hand down on a flat surface (your fingernails will be pointing away from you at this step).

STEP 4 / READ YOUR RESULTS

A reading will show as numbers on the screen after your finger has been steady for five seconds.

After one minute write down the numbers on the screen.

Top number = **Oxygen level**

Bottom number = **Heart rate**



STEP 5 / RECORD YOUR RESULTS

Use the pulse oximeter three times a day. You can do this after your breakfast, lunch and dinner or as directed by the Health Centre. Make sure you write down all of your results in the Health Diary (at the end of this guide) so if you need to kōrero to the team at the Health Centre, you can easily report back on your oxygen and resting heart rate readings. Once you have written down your results, take your finger out of the pulse oximeter and the device will turn off. Give it a gentle clean with a disinfectant wipe so it is ready to use again when you need it.

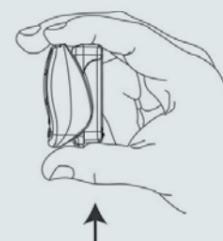
How to set up your pulse oximeter

YOUR MONITOR WILL COME WITH BATTERIES.

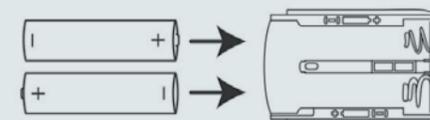
If you need to replace the batteries, please refer to the following instructions.

NONIN PULSE OXIMETER

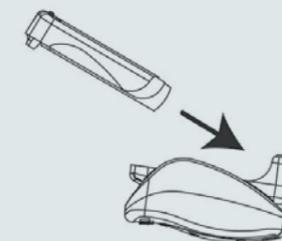
1. Hold the monitor between your thumb and forefinger
2. Squeeze gently until back slides away
3. Replace batteries and insert back by sliding into place



1.



2.



3.

In an emergency, call **111** and let the operator know that you are isolating at home with COVID-19.

Our Rangatahi
Kira Murphy-Mortimer
and Janaya Preece



Using your thermometer

You may need to use the thermometer three times a day, just like the pulse oximeter. You can do this after your breakfast, lunch and dinner or as directed by the health team. Make sure you write down all of your results in the Health Diary at the end of this booklet) so if you need to call the health team at the medical health centre, you can easily report back on your temperature.

When "Lo" flashes on your thermometer, the thermometer is ready for use. If your temperature is below 32°, 'Lo' will flash onto the screen on your thermometer.

YOU SHOULD CALL THE HEALTH CENTRE IMMEDIATELY.

If your temperature is above 42.9°, 'Hi' will flash onto the screen on your thermometer.

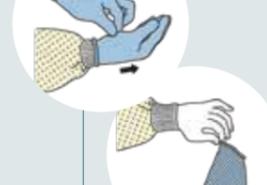
YOU SHOULD CALL THE HEALTH CENTRE IMMEDIATELY.

Larry Reriti



Other equipment in your Home Care Pack

All at home packs will include Personal Protective Equipment (PPE) for you to wear if you are caring for someone in your whare. This PPE is the same as the equipment that the Health Centre team wear when caring for someone with COVID-19. Wearing a gown, gloves and mask will give you good protection against getting COVID-19. It's important the PPE is put on and removed carefully to give you full protection. Please follow the instructions below and put on and take off the gown, gloves and mask, in the same order as the instructions.



PUTTING ON PPE

1. Wash your hands for 20 seconds with soap and water or thoroughly clean hands with hand sanitiser
2. Put on the gown first. Fully cover your front from neck to knees, arms to end of wrists, and wrap around the back. Tie it at the back of the neck and waist
3. Put on the mask next. The ties go in the middle of your head and neck. Fit the band to the top of your nose and make sure it's firm around your face and below your chin
4. Put the gloves on last. Pull them up to cover the wrist of the gown

TAKING OFF PPE

1. Take the gloves off first. Use one gloved hand to grab the palm area of the other gloved hand and peel it off. Then slide your ungloved fingers under the wrist of the other glove and peel it off. Throw gloves into the rubbish bin.
2. Take the gown off second. Undo the ties, taking care that sleeve don't touch your tinana when reaching for them. Pull gown away from your neck and shoulders, touching inside of gown only. Turn gown inside out and fold or roll carefully into a bundle and discard into your rubbish bin
3. Take the mask off last. Hold the ties or elastics of the mask and remove it without touching the front. Discard into your rubbish bin
4. Wash your hands for 20 seconds with soap and water or thoroughly clean hands with hand sanitiser

* Wash hands thoroughly between these steps if your hands become contaminated.

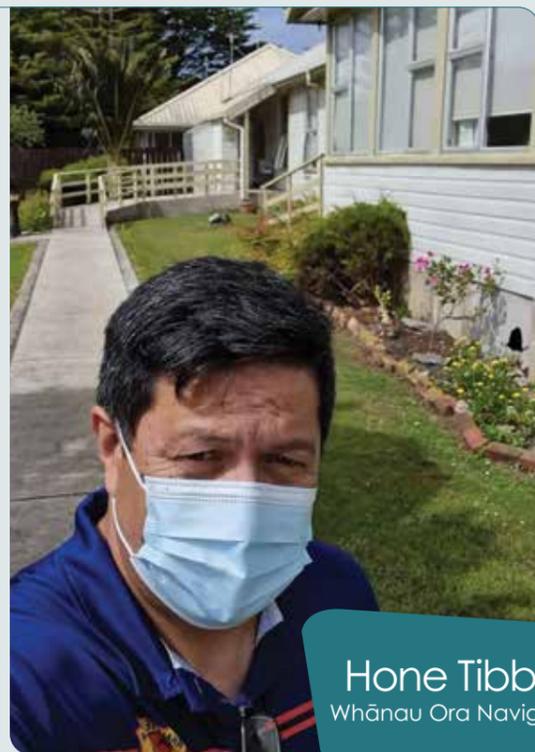
Support

There are times during isolation and when you are māuiui that will be hard for every whānau. Protecting your health and wellbeing is the most important thing you can do during this time to keep you and the people you live with safe and well.

Pick up the phone whānau, even if someone can't come to your whare, there are lots of us just on the end of the line.

We're pretty lucky on Wharekauri to have a strong, resilient community that comes together when times get tough, make use of that community.

Together whānau – we can beat this!



Hone Tibble
Whānau Ora Navigator

IN AN EMERGENCY CALL 111

If you or a whānau member becomes very unwell or has difficulty breathing, immediately call an ambulance on **111**. There is no cost to call an ambulance.

IF YOU START TO FEEL WORSE

Call the team at the Chatham Islands Health Centre straight away: **3050 035** (free to call, 24 hours a day).

FOR WELLBEING SUPPORT CONTACT

Hā o te Ora - kaimanaaki **3050 211** | Heartlands **3050 146**
Ngāti Mutunga o Wharekauri Iwi Trust Whānau Ora Navigator, Hone Tibble **3050 500**

FOR HELP WITH FOOD OR OTHER ESSENTIALS

Ministry of Social Development, **0800 512 337**. It's open **8am–8pm** seven days a week.

FOR OTHER HEALTH PROBLEMS

Contact Healthline for free health advice by trained professionals: **0800 611 116**

FOR HEALTH ADVICE ABOUT PĒPI

PlunketLine is a free help service for all families, whānau and caregivers: **0800 933 922**

FOR INFORMATION ABOUT KURA

Contact the Principal.

Te Whare Tapa Whā and Rongoā Māori

There are times during home isolation that will be hard for every whānau. Protecting your health and wellbeing is the most important thing you can do during this time to keep you and the people you live with safe and well.

The Māori holistic model of health, Te Whare Tapa Whā, reminds you to take care of all the different aspects of your life to support your wellbeing, and whānau can include rongoā practices to support other medicines.

Our traditional rākau rongoā (flowers and herbs from the ngāhere), mirimiri and romiromi (bodywork), whitiwhiti kōrero (support/advice) and karakia (prayer) can all play an important part in improving our overall health.

Make a plan to add rongoā to your COVID isolation kit, whether it's Kumara hou, Kawakawa or honey.



TAHA TINANA PHYSICAL HEALTH

Fuel your body with good kai and move your body to feel mentally well. Just do what you can, every bit counts.



TAHA WAIRUA SPIRITUAL HEALTH

Feeling a connection to your spiritual wellbeing creates connection, either take time for prayer and karakia, or taking a quiet moment to breathe and reflect.



TAHA WHĀNAU FAMILY HEALTH

Staying connected to the people you love helps you feel a sense of belonging. Send a message to someone you miss, have a chat with a friend over the phone or organise regular phone check-ins with the people close to you.



TAHA HINENGARO MENTAL HEALTH

Tough times affect each of us differently, and it's okay if you're taking things day by day. When your taha hinengaro is strong, you can express your feelings and reach out to friends and whānau.

Important Pātai

Write down on these pages any important pātai or notes about your isolation and your symptoms to check with a reliable source such as the Health Centre nurses or Whānau Ora Navigator when you call them.

What can I do to keep my tamariki safe?

When should I call for help?



Is it normal to feel..?

What do I do if I feel..?

Can I have dinner with my whānau?

Important Pātai

Write down on these pages any important pātai or notes about your isolation and your symptoms to check with a reliable source such as the Health Centre nurses or Whānau Ora Navigator when you call them.

What can I do to keep my tamariki safe?

When should I call for help?



Is it normal to feel..?

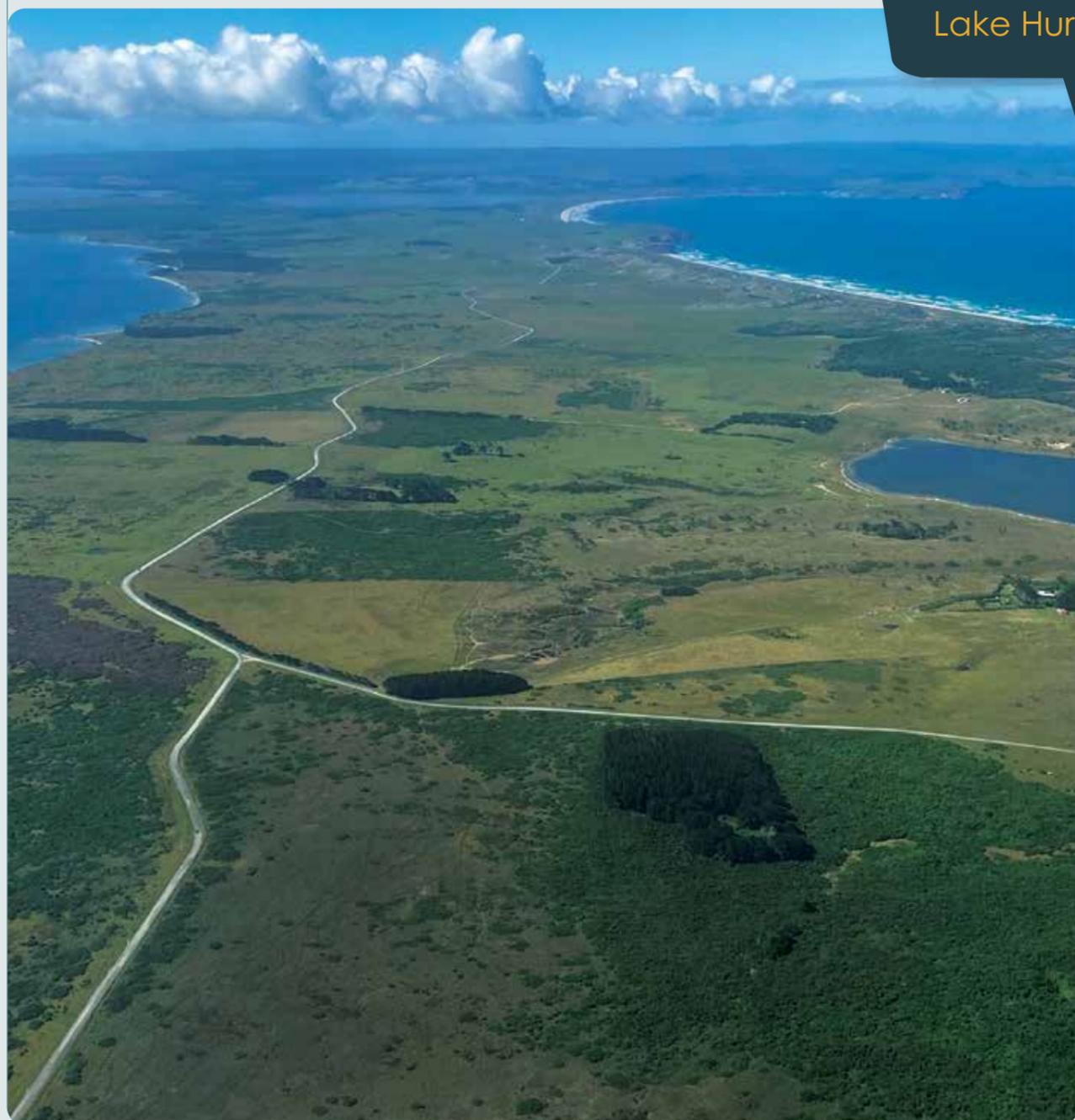
What do I do if I feel..?

Can I have dinner with my whānau?

Important Pātai

Cut out > this page to hang on the gate or the front door of your whare to let manuhiri know that it's not safe to enter while you are isolating.

looking south towards
Lake Huro



Kia ora – we're self isolating
Please do not enter

Our contact information:

Find out more at [Covid19.govt.nz](https://www.covid19.govt.nz)

Te Kāwanatanga o Aotearoa
New Zealand Government

**Unite
against
COVID-19**



Supporting our
Wharekauri whānau
Home Care Pack

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